



SPOKE

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**Kitchener
Foodbank**
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for a meal made
by a "Top Chef"
Pages 8 & 9

Year	Number of cases	Number of deaths	Number of cases per 100,000 population
1990	1,000	100	10.0
1991	1,100	110	11.0
1992	1,200	120	12.0
1993	1,300	130	13.0
1994	1,400	140	14.0
1995	1,500	150	15.0
1996	1,600	160	16.0
1997	1,700	170	17.0
1998	1,800	180	18.0
1999	1,900	190	19.0
2000	2,000	200	20.0
2001	2,100	210	21.0
2002	2,200	220	22.0
2003	2,300	230	23.0
2004	2,400	240	24.0
2005	2,500	250	25.0
2006	2,600	260	26.0
2007	2,700	270	27.0
2008	2,800	280	28.0
2009	2,900	290	29.0
2010	3,000	300	30.0
2011	3,100	310	31.0
2012	3,200	320	32.0
2013	3,300	330	33.0
2014	3,400	340	34.0
2015	3,500	350	35.0
2016	3,600	360	36.0
2017	3,700	370	37.0
2018	3,800	380	38.0
2019	3,900	390	39.0
2020	4,000	400	40.0

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#CELEBRATE

PHOTO BY BERNADELL BOLLER

#CelebrateWithUs was the theme for this year's free Chef competition held by *Canada's Business and Hospitality*

#CelebrateFields was the theme for this year's Iron Chef competition held by Connecticut's business and hospitality students. Hospitality and tourism professor Philippe Barreau (front left), and guest judges Jason Bergeron, Aaron Targemansh and Kory Cross celebrate their "win" with a photo-op wearing Canadian gear. See video clip, visit www.southwestern.com.

LIVING WITH CANCER

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

I was sitting on the passenger seat of my dad's 1977 Volkswagen when a combination of heavy rain and Tracy Chapman's "Fast Car" (it is not usually an appropriate song for the occasion, but it is still an apt one) on University Avenue there is not much going on. The swooping and melancholic melody seemed to fit the moment. It had been a long day. At 40 years on the hospital unit at least another hour and a half before we would end home.

Henderson covered my arms from a half dozen or so blood tests. When they put me in the IV room a dull cold pain as if they had left a small metal rod in the middle of my forearm. I looked back at my red and black backpack sitting on the back seat. It contained two battery packs, a Sharpie and Sharpie advertisement guide, my gaming laptop and over 100 capsules of an expensive mild drug that might just contain the cure to AIDS disease.

[illegible]

The doctor is called charlatan because, at least in my opinion, he is not a real doctor associated with a real medical profession. In short, it is entirely random. It is an extremely rare case that mostly affects children. I was 21 when I was diagnosed. The first thing that the doctors told me was that they were unsure of how to treat an adult with this

choices, as they decided to try the treatment they used on children and one of it worked. Unlike other medical practices which are based down for kids, choices is actually for newborn. Kids at this age, are a lot tougher than adults.

The programme was very close to treatment. The same was in my paper and was almost the size of a bookshelf. (Deciding to accept treatment was a puzzle, a roll of the dice: there was no guarantee it would work. Treatment involved nine months of rhinex. 20 months of radiation and three major surgeries. It also required another three consecutive surgeries and a half dozen or so appendectomies.)

My first surgery lasted 22 hours and I almost died out there. They took out my bladder but also took out my bladder prostate and a bunch of my intestines. It also left me with back problems, nerve pain and a bad leg.



Table 1

Sharkhove (singa) during the first thermodynamic treatment of the second Sharnov Sharnov in Toronto

Abstract

A four-year-long cancer battle

“I am 25 now and my life is the furthest thing from average.”

— Scott Blinshorn



Scott Blinshorn, left, is shown shortly before his cancer surgery. You can see the swelling caused by chemotherapy after the surgery he had to return home to such which took several months. Blinshorn, Blinshorn says in his best at Mount Sinai Hospital in Toronto, recovering from the 22-hour operation.

PHOTO COURTESY

4 CONTINUED FROM PAGE 1

During recovery, I had to learn how to walk again, which I now manage to do, but it took a long time. I didn't shed of an infection, and one of my wounds opened up. It took three months for it to close again.

After all of that my cancer decided that it didn't want much but like going away forever. Thank you very much, and decided to sit up things in my lungs. The required lung surgery. They got the cancer out and only had to take a little bit of lung. A year later they found more cancer in the same lung, and so the surgery had to be repeated. For those of you who smoke, let me tell you, your future is not particularly pleasant.

A year and a half after the last surgery, I was feeling good. I had finished my first year of university, I was starting to date again, and then I was told that the cancer had moved into my other lung. My oncologist gave me two options. A third lung surgery, or an experimental drug that would potentially "wake" my cancer at the very least, stop it from spreading and growing. I opted for the experimental treatment.

Now I take eight pills a day for the morning. But in the evening. The side effects are relatively mild, a little nausea at night, heartburn. I do, however, have to go to Toronto more than I would like, every two weeks. The last time involved a lot of blood tests but it still went surgery.

There is not much I can say about the drug. I am taking almost twice as much as I can say that it is designed to

report previous or statistical outcomes and related cancer.

Without the probe in the cancer cells, I don't know what it does, but it makes a normal life difficult. I am 25 now and my life is the furthest thing from average that I could imagine. On the surface it is not that difficult. I look like a relatively fit guy, even though I have lost 100 lbs. I'm bald (thanks, cancer), which is a bit obvious, but my hair helps make up for it. A physiotherapist might catch my slight limp but that is about it. In the morning, however, things are different. My body is a patchwork of scars. There is the big one where most from my stomach down my stomach in my pelvis and across into my groin. I have another on my back that split open following my first surgery. The one in my back is from my two lung surgeries, the one on my chest is where they put the power port in and there is one on my stomach.

More noticeable than the scars is a plastic bag which hangs off my stomach. It is my stomach. My entire gut sits in this bag. It also is one of the biggest sources of body odor you could imagine. I say one of the biggest because I used to have two stomachs. Thankfully the other one, which dealt with my more solid meals, has been removed. The only remnant of it is the scar on my stomach. Unfortunately, the surgery that restored my digestive system also gave me several digestive problems. There are a lot of foods which give me problems now that never used to, which means I spend more time in the toilet than I would like.

All of these things make it hard for me to do normal things. Working out, for example, is hard when you have a weak leg and a stomach that you are constantly worrying of your diet is messing your bag. It only takes one person quickly asking so you as if you are not used out of track from a few people because cancer is from you, off of the experience.

By far the most difficult thing is taking, which, if I am honest, is clearly one of the hardest things to deal with in life. For me, I don't just have to worry about the normal stuff like "how much caffeine do I drink?" or "how do I add time to my schedule?" I have to find a way to tell someone, "Oh, I have cancer and a bag of urine attached to my stomach and a few other problems." Just thinking about it is exhausting or maybe it's the pills.

The worst part about it all is the isolation. Nobody understands what it is I am going through. If you go through a hardship people have an idea of how that feels, people know how to help. When you are hospitalized, isolated, isolated and living with a disease that could kill you, nobody knows how to react.

At this point you must be thinking, "well, this person's life sounds rather unpleasant, and he sounds rather miserable." You would be wrong. Amazingly, despite all the things I have to deal with I am generally happy. How could I not be? At the end of the day I am alive, and there is a chance my cancer will be cured. There is in hoping the day that I am free.



Internet increases understanding

AN INTERVIEW EVALUATION

How would you describe yourself?

Twenty years ago this question's answer would have been to describe a collection of attributes, social circles, hobbies and interests. Every detail, small or large, lay laid or spoken, added to identity. The public persona was an accurate marker of the character.

This led to a massive cultural division between nationally different groups. Hipsters, yuppies, skinheads, punks and everyone in between, judged and were judged by their public persona.

But the Internet has broken down these walls of culture and personality and leveled the division. It has allowed anybody to understand everything. It has reduced thought and opinion, and given us a first-hand view at the sometimes wonderful and disgusting parts of human nature.

The Internet is this disruption, and it defines what's described. It changes and reshapes the beliefs of entire nations and creates an on equal platform. It creates a smaller world largely removing our own, through chat rooms and image boards and the constant streams of tweets and blogs.

It's humanity as better off. We're happier and better informed than we've ever been, and the every Internet horror story that positive data takes the place.

The fastest state of it, at not the most, rapid pace of our centuries. It improves understanding on a global and voluntary level. Without a war would be against to the why and the how of people and their intentions. Our planet would not be completely different. Time spent without an anonymous platform would be completely different.

No while arguments are plentiful on the negative effects that new technology has on our psyche, these risks and reports are only distractions. Are we more easily lulled or more aware and do we really live to connect and achieve on social media? The answer is no.

The Department of Psychology and Behavioural Sciences an integral part of the Social Institute for Neuroscience and Human Behavior at the University of California, Los Angeles, concluded in 2009 that when using the Internet, victims of our brain receive higher social identity. This means we have better control over our decision-making and are capable of more complex reasoning.

When general effect of the Internet in 2007 is more laughter and more social media. It has destroyed a global community that binds the individual up and makes us more empathetic, individuals who agree to be skilled, healthier, healthier and more secure.

On the Internet at almost a matter of you're a punk or a nerd. What matters is how you treat our neighbor.

The comic frame represents the position of the neurologist, not a neurologist at the center.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be considered for publication. No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 2008 Dufferin Dr., Room 1020, Kitchener, Ont., N2G 4K4.



Who is this justice system really helping?

Dismissed cases raise questions



By
Suzanne
Spokane

Over 10,000 Canadian dismissed cases of sexual assault are now being investigated due to the changing process published by the Globe and Mail.

The good news is that your attitude have been able to make a real difference. Improving laws on the system has made people more likely to report negative police practices performed by police.

Ontario's Public Safety Minister Ralph Goodale called on all police agencies to re-evaluate their cases and look closely at their procedures. There have been some incidents, but most are taking action.

These dismissed cases need to be looked into — absolutely, but what does that mean? What does that guarantee? Will there be any results?

According to the Globe and Mail, the average rate of reported cases dismissed as unfounded is one in five. Some cases have a higher number of dismissed cases than others.

Obviously, law enforcement will take a more data-driven. Will these cases be investigated by the same officers?

What will happen when the police realize that a case is being investigated?

How will they proceed? The problem is, part will be how the police look at past cases and also what they do more, say forward. It is a question of that will be any consistent police behavior throughout all police forces.

With it, he has lots of these cases in police more evidence? If cases are dismissed without it, that might mean that there is little to be gained left.

Will women be re-evaluated? If it would have enough to live through sexual assault and not be believed by law enforcement, to rely on the experience could be devastating.

It would also be difficult to trust the very people who didn't take them seriously the first time. Having a special team or properly trained and outside to deal with opening these cases would be beneficial to everyone.

Karen Williams, training manager there, said possibly

teams of people are going to start money. Will funding be available? The police forces need to think a few steps ahead and figure out how they are going to do this.

It will be a priority for them? Different places have different procedures and tasks they are responsible for. Looking into past sexual assault cases would take time, especially if they have to open all investigations. When will they do this? Does what period of time?

The focus about dismissed sexual assault cases may be a lot of questions about how we can change what happens to women who are assaulted, how they are treated by police if they come forward and how their cases are investigated.

The women's perspective may never be changed. These cases might never be reopened, and charges might not ever be filed against perpetrators.

A number of women who have been charged with the system are already not coming forward. The number might become greater.

It is good that these cases are being looked at, but so are not saying what will actually be done about them.

SPOKE

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Don't worry, it's just stress

BY BRADLEY FALGOUT

As I slowly woke up, I assumed it was early, because my alarm had just gone off. I rolled over to check my phone—a normal ritual every morning, and my eyes grew wide as I read the time. It was 8:40, and I had a 10-minute drive ahead of me. In two my first couple of months away from home and I had never been late to church before. I jumped out of bed, threw on the first outfit I saw in my closet and rushed out the door. (Warning: faster than I should of, I made it to the community center where the congregation met every Sunday morning only five minutes late.)

I quickly shuffled into the main pews, scanning the room for the family I often sit with. My eyes made it across the room without a headache later I scanned again, slowly walking toward the altar on one where they sat, and nothing, not even their youngest son's hockey jacket on the main corner coffee cup on a chair in the row ahead. I slowly sat down, the only person on my row.

I could feel people's glances. "Maybe they are just running late," I thought to myself, pulling out my phone. After a quick texting conversation I had no answer. They weren't coming and now I was alone.

The morning portion quickly finished, the congregation sat and the pastor started to speak. I still felt like people on the rows behind me were watching my every move. My hands grew sweaty and the pastor sounded like a parrot from Charlie Brown. Even as I choked, sitting through a service never felt as long as this.

A prayer finished off the morning and I got out of my seat and into the car faster than I had done earlier that morning. Not 10 minutes later, I sat in my car and pressed the last hour and a half.

This was more than stress. This was the way on the side after weeks of being embarrassed because of other people's actions. Sleepless nights and unmanageable stress were I just felt off and slept most of the day. For most of my life, I would break out over nothing, afraid to keep calm and try to have everything under control at all times, even on my days off.

Anxiety, depression and high levels of stress flooded my head without warning. I had moved on home and a half drive away from home. I was not in control of my own life and instead of that bringing freedom and excitement, it left me with weeks of overthinking, asking a new age for the help. And doing what I do best, I researched like crazy to fully understand. But the more I

read, the more it seemed like the world just thought I was too stressed.

The Internet made me think I was talking myself into it, that I was one of those people who said they were anxious but was just worried.

We are now a part of a society where "anxiety" has become a buzzword. Some people believe mental disorders are used as an excuse while others believe there is a quick fix.

My anxiety comes from years of bullying and being my emotions and I can tell you that it is not as simple as telling me to push through it. Sometimes I imagine people are talking about me, at other times I assume I will find out no matter what I do I think to myself, there is someone who better than me so why should I even bother. I want to that evaluation two years ago, and I still don't know 100 per cent why I am like that.

There are people within Comstock's walls who suffer from crippling depression and are told to just wake up and get out of bed.

The worst time you feel and feel any more depressed, think of the number of people you have seen in your day and remember that eight per cent of adults will experience a major depression in their lives.

Anxiety is not just being stressed over a late paper

Depression is more than being sad. It is more than just stressed out, and taking a day off will not fix that.

are more than just stressed out, and taking a day off will not fix that.

DOGS THE STARS AT DOGSLIVERSDAYS

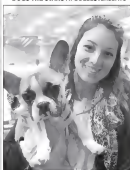


PHOTO BY MICHELLE CLARK

Twyn Thompson holds her French bulldog during Last for the animals at DogsliversDays at Ringgemans on Feb. 23. For video story, go to www.spokeonline.com.

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STUDENT LIFE
MAKING YOUR EXPERIENCE

CSI's Food Bank goes full-time

BY MATTHEW BRANDELLER

Conestoga Students Inc. has hired another employee and expanded its Food Bank hours as an effort to keep up with increasing demand.

Powered by CSI as a collaboration with the Food Bank of Waterloo Region, the service operates using a "bumpster system" in which students who register are given a bag of emergency food and hygiene supplies once a month. The Food Bank also allows students to pick up extra items from its shelves which include canned food, in-store porks for pasta or steaks.

In September and October 2016, the Food Bank gained considerable and record attention from students. CSI estimated they provided items from its over 100 students in November, and in January, at a hour of donations meeting, members were told CSI handled not 23 bumpsters a day. While CSI has reduced its commitment on the exact number of students registered for the service, they said that they are prepared for those numbers to grow.

CONESTOGA STUDENTS INC.

However, even with longer hours, another employee and more dedicated funding, some people are concerned that some of the food being handed out is expired. CSI said they check with the food providers to make sure it's safe and make it clear to the member of the bumpster that the food is past the "best before" date.

"We get a lot of request food from coordinators in all sorts of the foodline and Elbow up with food," said Klara Pitts, a longtime worker at CSI's Food Bank who plans on working with food banks after graduating from Conestoga.

"It's certainly a really hungry they're going to eat it," she said.

Most food is vacuum sealed and good for six months after the expiration date, or rather than throw food away CSI leaves it up to the students to accept or reject expired food. The library at the Dean

campus allows students to donate food to their on-site library, food, and these donations are handed over to the Food Bank. Students are also invited to donate food to the bank which is handed right by Dean 7 on the Dean campus.

Students who find themselves at an emergency can register for a bumpster with their CSI card at any of the campus food banks. The process takes about 10 minutes and all personal information is kept confidential.

"We do our best to let them understand that it's completely normal, that it's completely acceptable that this service is there for them. It is an emergency relief service and Laura Martynowski, CSI's campus service coordinator.

The Food Bank also gives away free food at their office and hosts a monthly Farmers Market. All dates for these events and the updated times of operation for the Food Bank, Conestoga and Waterloo campuses food banks are listed on CSI's website, www.conestogastudents.com, under their food services tab.

GUELPH IN FAVOUR OF ELECTORAL REFORM



PHOTO BY JAY SCHNEIDER

Guelph citizens gather in protest of Prime Minister Justin Trudeau's recent decision to back out of his plan to change the way people vote in federal elections in Canada. The group carried signs and made speeches in front of Liberal MP Lloyd Longfield's office Feb. 22 before many of them marched through the downtown streets.

CONESTOGA CONDORS FACE OFF AGAINST HUMBER HAWKS



PHOTO BY JACOB SCHNEIDER

Not found, outside killer for Conestoga Condors women's volleyball team, across against the Humber Hawks on Feb. 6. The Condors lost three straight sets to the Hawks, who are ranked second in the country. For video story, go to www.opolocalnews.com.



Protesters pose for photos in Guelph Feb. 22 in front of Longfield's office to send a message to the Liberal party and Prime Minister Justin Trudeau. They support the long held plan for electoral reform in Canada, but the Prime Minister recently decided to abandon his promise to change the way Canadians vote in federal elections.

Area chefs go head to head

Conestoga also puts culinary students' skills to the test

BY NICHOLAS WOLFEKRAAL

Students at Conestoga's two-year culinary management program met head-to-head in a cook-off on Feb. 8, all hoping to win the Iron Chef title or People's Choice award. The local restaurants accepted the opportunity to work with the students to create a dish that featured pork products, who volunteered to participate were teamed up with restaurant chefs to give them real life experience.

"Tonight is like our only chance to work with experienced chefs," said Rita Bengtson, a second-year culinary management student. "The chef was very helpful and motivating from the start until the end."

Treasurer Deylan Bourke agreed that this opportunity puts the skills they've been learning for two years to the test.

"You learn about it in class," said Bourke. "But in strong classes, now you don't really experience it and learn it and you are doing it yourself."

Bengtson and Bourke, along with their classmates Brynna Kim, were partnered with award-winning, executive chef, and Dean Mennison, banquet chef, from Pearl Kitchen and Lounge.

44 There are a lot of things I'm looking for. The main thing is taste. Taste is the winner every time. **33**

— Jason Bengtson

Each participating restaurant was given a menu to base their dish on: to serve their pork and present it to the judges. TWH Social chose to make three into a truly love-laden dish with Boudier.

"Tonight we are making forward pork shoulder on boudier," Boudier said. "Tyler Adams said, 'It's a gratified cooked bread with pork shoulder that was cured overnight, cold smoked, roasted with avocado, avocado and orange pork skin. There is pickled apple and celery.'"

Once the clock struck 7 p.m., hosts who brought tables to the event made lines at the different cooking stations for their chance to try out the food. At the same time, seated near the stage the

two celebrity judges, Anne Varpuus and TWH Social's Chopped Canada and Jason Bengtson, executive chef at Longhorn Hall, were joined by guest judge Amy Orsini, an Ontario Pork board of director, to start the blind taste testing. The judges were given a piece of paper to rate each dish on. The only information given was each number corresponded with one of the tastes.

"I am really looking forward to judging tonight and to be able to go talk with the culinary students and see how they are preparing pork in different ways," said Orsini. "I am going to look at the way it is presented, the way that it tastes, but I am trusting it, I'm going to see if it tastes good."

Bengtson said, "There are a lot of things I'm looking for. The main thing is taste. Taste is the winner every time. What I found tonight is that everything is completely different, which is very exciting. There is everything from teachers to traditional butchers, but then also Korean influence and other Asian influences."

The event was sponsored by Ontario Pork and awarded \$15,000 for scholarships for the college culinary students.

Two prizes were awarded. The Iron Chef 2017 title was won by Longhorn Hall's Iron Chef Restaurant and Orsini and their students, the runner up was Bourke Grille and Bar. "Thank you to the People's Choice award was Bourke Grille and Bar. The Boudier Kitchen was the runner up."

"Pork, cabbage and potato" said Varpuus about the winning team's dish. "It was like a surprise in between the main and the pork. The dish really showed skill. The students who were working with this team must have learned a lot."

Though the event was focused on the food, they were also celebrating Conestoga's 40th birthday. Working as event management students, and her group planned the event @ConestogaThe90s.

"This has literally been my holy name Boudier," said Boudier. "I got chicken and then an chicken and piggy sandwiches, and the three chicken and Boudier."

Conestoga's Hospitality students were also on hand, keeping the place clean for attendees and waiting for them when they saw their chance.



PHOTO BY NICHOLAS WOLFEKRAAL

Above, Conestoga culinary management students Emily Macdonald Gray, Deylan Bourke and Brynna Kim were teamed up with TWH Social at the Iron Chef 2017 competition Feb. 8. Bottom left, Second-year hospitality management student Barry Redman is in a pro to keep the line from waiting out puddles at the competition. Bottom right: Judge Amy Orsini (from left), Anne Varpuus and Jason Bengtson taste the food. Names of their teams who created the dishes.



PHOTO BY NICHOLAS WOLFEKRAAL





HOROSCOPE

Week of February 21, 2017



Aries

March 21 -
April 19

You always try to solve every-one else's problems, much less trying about yourself first and you'll feel a sudden weight lift off of your shoulders.



Libra

September 23 -
October 23

Tell people how you are really feeling. They will be there for you if you just open up a little bit.



Taurus

April 20 -
May 20

Try not to be so particular for a change. Let something out of your comfort zone and you'll get a sudden pang of freedom.



Scorpio

October 24 -
November 21

A little bit of your anger has authority. Crack open a bottle and let the pain flow.



Gemini

May 21 -
June 21

Let the stars you share through you may be shy but once your mind personality comes to the surface your friendship is appreciated by others.



Sagittarius

November 22 -
December 21

An interrupted trip or expense may be in your future and in order to go you are going to have to start saving money now.



Cancer

June 22 -
July 22

Your family may be far away or distant, but they will always be on your heart. Contact them this week, they may need someone to talk to.



Capricorn

December 22 -
January 19

Remember to be open with the people in your life and don't let other people get on the way of your release stage.



Leo

July 23 -
August 22

You may have to tell a lie to keep someone safe. Don't let that get you down. You did it for a good cause!



Aquarius

January 20 -
February 18

People look up to you, but that doesn't mean you should let them be different. Let them make their own decisions and mistakes.



Virgo

August 23 -
September 22

Your independence may be important to you, but this week you should let people help you with anything you may need.



Pisces

February 19 -
March 20

Make some time for yourself in what is your most likely, very busy schedule. Relax, take a break and maybe even read a book.



Decorative Wishes *children in focus beyond moral comprehension. She also enjoys people watching and coffee.*

Oh Girl!



Girl has writer's block.

Useless Facts

The giant tad pole, *Atelopus*, has a shoulder length that is half of the Earth's orbit around the sun.

Hummingbirds are the only animals that can fly backwards.

The strongest muscle in the body is the tongue.

Humans and dolphins are the only species that have sex for pleasure.

Peacocks are one of the ingredients in dynamite.

A dime has this ridge around its edge.

Sudoku Puzzle

	8	5		1		9	7	
3			7		8	5		2
					4		6	
	4	8			9	5		7
				8	1	6		2
	9	6		7				
	3			5	2	7		4
	7			6		3	1	
8		4		3				

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodate the digits 1-9, without repeating any.

Word Search

Famous singers with one name

O	B	E	D	A	H	S	U	A	M	I	C	V	Y	REYNOLDS
A	N	T	D	X	A	T	P	P	Y	H	L	F	Q	DAVEY
B	J	T	M	Y	T	E	Z	N	T	J	U	S	L	WICK
A	W	A	I	A	M	O	E	R	V	J	D	O	R	LUDACRIS
C	D	L	M	D	D	I	D	G	L	S	A	Q	Q	TIFFANY
E	A	Q	G	Z	G	O	M	C	T	E	C	A	F	SHAGGY
A	K	L	B	E	O	Y	N	V	B	A	B	C	D	SEAL
Q	O	W	O	N	I	T	S	N	K	L	I	H	Q	AMITABH
F	H	S	F	T	A	M	Z	Z	A	Y	S	E	A	ENYA
M	T	D	G	L	Y	F	O	P	I	C	Z	R	O	DIDO
X	M	V	D	P	B	E	T	O	H	C	B	I	O	ADAMS
Z	K	Z	U	I	W	F	M	Y	V	Y	B	O	M	CHRIS
T	I	F	F	A	N	Y	H	K	V	Y	L	V	M	MADONNA
H	O	T	F	S	H	A	G	Q	Y	M	O	S	Z	TIMBALAND
H	W	A	Y	X	G	T	M	S	M	I	M	E	J	PITBULL
Y	F	A	S	H	J	G	Z	E	L	L	U	B	T	YAZZ

Mentally ill lack housing

Warwick Kaplan is not doing enough for its citizens with mental illness. Two others are left behind and a dozen left from them at least all of us.

People struggling with mental illness are more likely to struggle with concurrent poverty, and often have trouble holding down a job. As such, they often have trouble affording a place to live.

In a single person at Warwick Kaplan you can expect to pay an average of approximately \$100 a month for a one-bedroom apartment, far less than what a single person with mental illness and lower income is likely to keep a job they will likely be receiving off Ontario Works.

The minimum allowance from this agency is a little over \$700 for a single person. No, to find one's own apartment in close by, to a nearby community. What options does this leave for someone who is mentally ill?

You might be thinking, "Why don't they just go on disability if they are mentally ill?"

It is a valid question, but the process of getting benefits is often one that takes patience and stability. I have personally met people in long-term care who have been denied the status of being disabled, but otherwise the very nature of their mental illness prevents them from being able to complete the process. The Ontario Disability Support Program does provide a maximum of about \$1,100 a month, but even that leaves little to spare after rent.

This means that a person with mental illness will likely have to find alternatives to finding their own independent apartment. No, but are the alternatives?

Historically, in a minimum income of \$700 a month, a person is going to have to share a space with someone to make their current affordable. Unfortunately, many mental illnesses are on the person's mind as well as living on close quarters with others. This means that many find themselves constantly moving from one place to



Colin Fleming
Opinion

another one much to the cost.

This lifestyle only supports a further worsening of mental health, as the places they are forced to live with only add stress to the already difficult lives.

The best option would be to allow supportive housing specific to mental health

needs. Warwick has slightly over 100 of these units, but according to a 2011 survey of supportive housing, wait times were between two and five years.

Another option would be affordable housing which lacks the support but at least would provide people with their own space. There are a little over 10,000 of these units, but again wait times based on the 2013 housing survey were between four and six years for a single person or person.

At least a single person living on Ontario Works would have to wait at least two years to afford their own

place. In the meantime they are left to live in shelters across the province, where they are more likely to come home to the streets, or shelter where they will frequently are hospital beds and where they will not experience more as a support and police services than if they had a place to live. Providing affordable and supportive housing for our mentally ill population is around for their health, and it will benefit everyone else too. As a space we need to create more space for the mentally ill, so it will benefit not just their health, but our health as a whole.

New program for students with exceptionalities

BY BERNADE HOLLAND

Individuals with exceptionalities is a term used to describe a multitude of needs within a group of students can experience college life and enhance their educational skills in conjunction with the new community integration through co-operative education (CICE) program.

This five-year certificate program was introduced in January 2013.

"There has been such need for a program like this in the community," said Shannon Lapkin, manager of apprenticeship and special programs.

"Our program is inclusive. We take people with all different learning needs," she said.

Each March a CICE graduate said, "It was awesome to have the same opportunities that normal students would have had."

People who apply to the program have to undergo a full-body physical and mental before acceptance. There things like depression of the applicant make the admission process. "We don't admit (acceptance) based solely on what the student

will level us, as the world need for modifications," said Lapkin.

The applicant must have a level of independence that does not require constant supervision, ability to manage their own transportation and the ability to manage their own life. The students who are accepted into CICE take core classes as well as some specialized classes. These core classes include things like independent living, professional and communication skills, health and wellness, community focus and supports and connections and integration into the community.

"We already have way more applicants than we do spots," Lapkin said, adding that it is a good thing.

This coming September will be the fourth intake of students, and will increase from 10 students to 15.

This fall intake at CICE will also have the opportunity to apply to live in residence, like any other student. "The program changed me and changed my life," said March. "It made me a better person than I was when I started. If I had no opportunity to do it all over again, I would."



ERASE THE EFFECTS OF STROKE

The Heart and Stroke Foundation has announced the start of a new program to help stroke survivors. The program is called the Stroke Survivor's Support Program. It is a free, confidential, and confidential service that provides emotional support and information to stroke survivors and their families. The program is available in English and French. For more information, visit www.heartandstroke.ca.



Heart and Stroke Foundation
Building a healthier future for all

MUSIC AND BEER FOR BLACK HERITAGE MONTH



PHOTO BY ANA STOKICH

Singer-songwriter Melachi Greenidge performs at the Royal City Brewing Co. (Feb. 5) in the release for Lantana Ale, a beer created in collaboration with the Dunelm Black Heritage Society for Black History Month. Part of the proceeds from Lantana Ale will be donated to the society which is trying to raise \$45,000 to make Heritage Hall at 83 Buxton St. accessible.



PHOTO BY ANA STOKICH

Jason Carr performs "Shine Little White by Bob Marley at the Royal City Brewing Co. Feb. 6 for the release of Lantana Ale. His son-in-law will sing the lyrics. "Every little thing's gonna be alright."

CSI'S SHUTTLE BUS BACK ON TRACK



PHOTO BY SHARON FOLGER

Conestoga Students Inc. is starting to use its larger shuttle bus once again. The vehicle had been used last year but was pulled from service for refurbishing. The larger bus accommodates more students. It takes students from residence on Tuesdays and Thursdays to a local grocery store so they can do their shopping.

SEMESTER'S NEW SOCCER LEAGUE



PHOTO BY ANDREW BARNETT

Students participate in the new semester's Sunday afternoon soccer league at the Conestoga Student Recreation Centre. Games take place every week until March 20 and the league features six teams.

APRIL IS DAFODIL MONTH



PHOTO BY ANDREW FOLGER

Karen Gaffin, the senior manager at the Canadian Cancer Society's Waterloo/Westington Office, poses in front of one of the many daffodil-themed decorations put up for Daffodil Month. For more info, go to www.opendacanet.ca.